

THE TIMES DAILY MAGAZINE PAGE

Our Fattest Friend Talks Of Herself

And of Others, Too, For That Matter—For She Is An Expert On Fat, Whether It Belong To Her, Friends, Or Relatives—How One Woman Gives Her Deadly Secret Away.

By a Fat Person.

SOME day I am going to let everything just lap around me, and be as fat as I want to be. I'm tired of being short of breath, afraid to sneeze or eat. I just want to be fat.

Mr. Aunt makes me so mad. Every time she sees me and I complain of my weight she says blandly: "Well, dearie, you know all the family get fat when they are middle aged."

I don't mind being either fat or middle aged, but I mind being called both when I am neither.

I can't imagine why we fat people like to hide the fact that we KNOW we are fat.

I've made up a very libre poem about a woman I know.

Here it is:

I know a woman who flies into a perfect rage every time that any one even hints that she is fat.

She gives it away herself.

All you have to do to find out whether or not women KNOW that they are fat, irrevocably fat.

Is to tell how you reduced.

This woman I know is a typical fat person.

She is nice and comfortable and goes along and cheerful.

She is never interested in politics or suffrage, or any real news or public effort.

She's fond of the movies, and of candy.

Yet one day, when I mentioned that I had reduced ten pounds.

She almost mobbed me.

She got excited and more interested than I have ever seen her.

She didn't say a word about herself, but pretended that I was asking for a friend.

Then came the revelation. I asked my maid to ask her maid.

And I found out that she rolls on the floor, diets, exercises, has a massage daily, and reads every speech of fat literature she can lay hands on.

All on the quiet.

She wouldn't admit that she is fat.

But people never KNOW that they are fat.

Oh, no.

The gentleman on our left says that it isn't fair for the fat ladies to go shopping early, all dressed up in their new gowns and ogle the poor helpless men who are going to office.

The men do not know they are married.

Song of the Fat.

It's nice to be fat and healthy.

With life going on like a song.

But the truth is that we are uncomfortable.

And everything seems dead wrong.

The thin people know where their bones are.

They don't have to pinch and squeeze.

And above all they have the blessed relief

Of sitting and crossing their knees!

THE CONDUCTOR.

Times Pattern Service.

FOR a junior, this dress design is in very good taste. Many buttons, braid and fringe add to the splendor of the frock which has a waist at the plainest lines, set off with a collar of contrasting goods and outlined with fringe—the sleeves in long or short length should have cuffs to match. The skirt with braid and fringe at the lower edge may have a narrow belt at the waist joining or not, as preferred.

The pattern is cut in sizes 6, 8, 10 and 12 years. Size 8 years requires 2 1/2 yards of material, 3/4 yard 3/4 inch silk, 3/4 yard braid, and 3/4 yard fringe.

To obtain this pattern fill out the coupon enclosed 10 cents in stamps or cash, and send to Pattern Department, Washington Times, Munsey Building, D. C.

The Washington Times guarantees the delivery of all patterns sent through this service. No pattern can be obtained in person. One week is needed for the filling of pattern orders. If patterns do not come within that time, notify this office for adjustment. (SIZE MUST BE PUT ON COUPON.)

Times Pattern Service, NOV. 18.

Name _____

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Washington Home for Foundlings Would Have Delighted Jean Webster's Heart

It Strives To Be a Home With a Very Uninstitutional Small H—Contrary To Custom, the Children DO NOT Wear Blue Checked Gingham, But Gay Colors, and Each Little Girl Has a Bow.

Though It Is Impossible For the Staff In Charge To Give a Mother's Attention To Every Child In the Place, They All Show Their Happiness By the Brightest of Beaming Smiles At Any Visitor.

If Jean Webster could see the Washington Home for Foundlings she would beam joyfully. The author of "Daddy Long Legs" and "Dear Enemy," who devoted the last years of her life to stories depicting the existence of homes with a capital H.

That is just what the Washington institution is not. Indeed, it seems a shame to call the home an institution, so individually do the children progress under the loving care that is giving them a good start in life.

Perhaps the first un-Homelike thing that attracts a visitor is that each child has a dress different from his neighbor in material and cut. Few, very few, were the sacred institutions, blue gingham. They were mostly pink and white and green and yellow, or plaids, maybe, of all colors under the sun.

A Bow for Each Girl.

And each little girl whose tousel (or sleek, according to the demeanor of the child) hair was long enough to support a bow had one, a big, fluttery bow of pink or blue or red—no black. Upstairs in the babies' nursery one tot was gayly decked with a white crepe paper band on her short, fine curls.

The routine of the day is simple. Mrs. J. Lawrence Solly, mother-in-chief, says that every child in the place is up by daybreak, demands its bath. Then comes breakfast in a sunny room with gay pictures and jars of jolly chrysanthemums.

Next, the Montessori class claims the attention of all old enough to use their hands. First, with needles, cloth aprons tied securely, if at times

Book Reviews

SELF MADE PICTURES FOR CHILDREN.

By C. Durand Chapman. New York: Frederick A. Stokes Co. \$1.25 net.

As Christmas approaches parents and friends are on the look-out for attractive and helpful books for the youngsters, and we may heartily recommend this particular one. The idea is an ingenious one, because it gives the children themselves something to do. The pictures they are to make are scenes of famous spots. The directions for cutting and pasting are very carefully given. The book is printed on beautiful paper.

EMMY LOU'S ROAD TO GRACE.

By George Madden. New York: D. Appleton & Co. Price, \$1.25 net.

Emmy Lou is so old a friend. We have all laughed and cried with her so frequently that we welcome her again right royally.

In this volume of her history she has progressed somewhat, making new friends and learning somewhat of life and its perplexities. Personally we are older. "Pink Tickets for Text" the best bit of child study that has been done for many a day, and we do hope that Emmy Lou will continue to grow up, like Peter Pan, she will never grow up. Emmy Lou fat and forty! We simply couldn't endure it.

SOULS REBORN. By Marion Hamilton Carter. New York: Charles Scribner's Sons. Price, \$1.25 net.

This intensive story of life on the plains, related from the viewpoint of a young woman fresh from a New England College is a relentless picture of one phase of American life. It is not exactly a cheerful book, but it may be a true one, and of the sincerity of the writer there can be no doubt. We think that it will find many thoughtful readers.

THE WINGED VICTORY. By Sarah Grand. New York: D. Appleton & Co. Price, \$1.50.

Mrs. Grand's book is always worth waiting for and this one is no exception. The study of Ella Banks is a definite contribution to literature, such a study as we have come to expect from Mrs. Grand's skillful and unerring pen. The book has to do with a group of London society folks, all more or less involved in the life and career of Ella. Interspersed with the story is much painstaking knowledge of the history of lace, its romance and its story, the compiling of which must have meant many hours of research.

BOBBY IN SEARCH OF A BIRTHDAY.

By Lebaud Mitchell. Chicago: P. F. Voland & Co.

This little book is full of pathos and human sympathy. It will have an instant reading by the many lovers of children, and we doubt not will have its part toward making easy the path of the fatherless and motherless children who, through no fault of their own, become charges on the public bounty.

PROFIT AND LOSS. By Amelia E. Barr. New York: D. Appleton & Co. Price, \$1.25 net.

This novel is dedicated by the writer to her many friends among young men. Her aim is to show them by the example of her hero, the things of essential worth. The scene is laid in Scotland and London, and if we found the book a bit preachy in spots it was perhaps by contrast with the modern novel whose aim is less serious than this book announces itself to be. Mrs. Barr knows her Scotland thoroughly, and the home life as portrayed is sincere and rugged, if her pictures of smart society in London are a bit artificial and far fetched.



One of the Baby Boys at the Washington Home for Foundlings, Surrounded by Bertha, Camille, Rose and Other Admiring Friends.

a bit rakishly, over their dresses, the children—some thirty of them—scrub their tables. Afterward, like neat housekeepers, they scrub themselves with dutiful regard to ears and fingernails.

Button Up Own Aprons.

Though few, if any of the children can read, each of them knows the particular peg where his own towel and wash cloth are hung, bending over to scan the name with all the solemnity in the world.

The next process is a general buttoning into checked aprons (not blue). Two-year-old Frances is by far the prize buttoner. Her apple cheeks fairly burst with pride as she assists those who have not learned to button on their aprons alone. Finally, with a virtuous air of deeds well done she combs her hair with vigor and is ready for a long look in a big chair, for she is too young for the classes.

The children adore the Montessori apparatus. The long stair, the block tower, the geometric insets—all quickly disappear from the low shelves when class begins. Some of the Montessori material is so large that it must needs be used in the floor, and the kiddies spread bits of carpet for themselves.

Children Serve Own Dinners.

Five-year-old Bertha is an expert, and is doing well with sandpaper syllables and numbers. Wilbur is such a handy little man that he is allowed to dust one entire side of the room, including a big piano. Other children—some as old as five years—attend to the plants.

Three times a week, the children in the Montessori school serve their own dinners in the school room. After each day's class they scrub off the tables and dust the chairs and woodwork, just as they did when they started at 9 o'clock.

The Montessori School at the Home is maintained by the Washington Montessori Association, which was founded three years ago. It had charge of the school at Friendship House for some time, and last year started the one at the Home for Foundlings, furnishing the teacher and the major portion of the equipment.

"You see, it's such good training for the children," explained Mrs. Solly with a pat for a small boy who had cuddled against her lap. "You saw that little Frances, though she is but two, can button herself very nicely and wash her face and hands like a little lady."

All Sleep Out of Doors.

From 5 to 6:30 is going to bed time. By the latter hour the room is quite still. Every child in the lot sleeps out of doors, in one of the few neat cots that are the only institutional feature of the place.

The babies are all upstairs, where they are away from the noises the healthy folks downstairs are bound to make.

The nursery is another big room, with a closed sun porch that lures

Notice to Fairy Godfathers and Mothers

The Washington Home for Foundlings has its annual tea and donation party on Monday. If you like to think that you are helping to make an institution less Homelike, but more home-y, won't you help Mrs. Solly and her staff do that very thing?

Babies Well Cared For.

From the babies' sun porch are two sleeping porches, one at each end. The porch at the left accommodates the wee ones, the one at the right those considered strong enough to sleep out of doors. The young babies who take naps during the day outdoors sleep inside at night. The babies who sleep indoors during the day sleep on the porches at night. It's very simple.

It would not be fair to leave the nursery without a word about the feature the babies all love best—the slide. Up the stairs they climb or slide themselves, hitch across the top or walk, if they are very grown-up—and slide down the other side forward, backward or upside down.

Little Ones Well Behaved.

"All the love and all the mothering possible we give to the little mites," said Mrs. Solly, starting downstairs one more. "We do everything we can to keep them from realizing that they are inmates of a Home."

"They are well behaved, you can see, and yet there is no conscious effort to control. The value of the Montessori apparatus is that it can occupy a large number of the little personal supervisions. They learn independence, too."

RECIPES

Mother's Hash.

Remove all surplus fat and bits of gristle from the left-over corned beef, season with salt, pepper, chop fine, and to one-third of meat, add two-thirds of chopped cold boiled potatoes and one onion chopped fine; place in the dripping pan, dredge with a little flour, and pour in at the side of the pan enough water to come up level with the hash. Place in oven and do not stir. When the hash is a light brown and has formed a sort of crust, take out, add a lump of butter, stir it through several times, and you will have a delicious hash.

Scotch Mutton Broth.

One pound and a half of the neck of mutton or lamb, one onion, one carrot, few stalks of celery, salt and pepper to taste, two quarts of cold water, one cup of barley; let come to a boil; let simmer for three hours. Strain through soup strainer and when ready to serve add meat and vegetables, which have been cut in small pieces.

AMUSEMENTS

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MATS. 25c; EVER. 25c TO \$1.

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Stella Mayhew

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Seven Others.

Next Week—Dorothy Jordan, Law Dock-

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MY MOTHER'S ROSARY

A Great Play, Cast and Production.

NEXT WEEK Beginning Sunday Night.

The Big Dramatic Hit

The Little Girl God Forgot

with CECILIA JACQUES

LOEW'S COLUMBIA

Continuous. Mon., Tues., 10 to 11 p.m. Nights, 10 to 11 p.m. Wed., 10 to 11 p.m. Thurs., 10 to 11 p.m. Fri., 10 to 11 p.m. Sat., 10 to 11 p.m. Sun., 10 to 11 p.m.

ALL THIS WEEK

MARY PICKFORD

Special Orchestra Score.

BLUEBIRD Look for BLUEBIRD PHOTOPLAYS, there are none better.

Why Light Woolen Is Best Underwear For All Indoor Workers

By DR. LEONARD KEENE HIRSHBERG.

IRRESPECTIVE of style, quality or the combination of both, clothing the human form divine is a problem that has to be solved from season to season. The primitive and savage-looking hairy coat of man has been lost through the softening influences of civilization in climates where the four seasons are extreme or distinct, it is necessary for a man to clothe himself according to the weather to keep dry and to keep cool or warm. The nearest imitation of man's prehistoric furry skin is, beyond doubt, wool.

Many persons are inclined to wear too much clothing from which they often suffer discomfort. It is extremely doubtful if any one wears too little clothing for good health. It is a notorious fact that a great many individuals, particularly children, are injured by wearing excessive clothing.

In order to understand the why and wherefore of the hygiene of clothing, underclothing especially, you must know something of the relation that exists between the skin and the general circulation and metabolism. In brief, a competent vasomotor apparatus adjusts the circulation and metabolism to the extraordinary variations of indoor and outdoor atmosphere.

Various Textile Values.

All four textiles—wool, silk, linen and cotton—have their good and bad points. In view of the fact that you must clothe your body to face the chilly days of winter, woolen underwear is almost universally worn to keep you warm. Wool is a slow conductor of heat, and tends to equalize the surface conditions incident to sudden plunges from cold street air to that of warm shops, offices, theaters and homes, and vice versa. Wool does not absorb perspiration like cotton. If open knitted, unlike the old flannels, it permits ready evaporation of perspiration through the meshes and interstices of the cloth, like linen. Furthermore, wool does not feel clammy when the skin perspires freely, as do cotton, linen and silk.

Cotton is a rapid conductor of heat and so favors sudden chilling of the surface. Cotton underwear necessitates some very difficult fluctuating on the part of the vasomotor system. Wool, it seems, saves this overworked portion of the system a great deal of energy. Many observers have noticed that thick cotton plus a "chest" known as "fleece-lined" cotton underwear, is remarkably popular with

those who have pneumonia, bronchitis and frequent minor respiratory troubles.

For students, clerks, office people, factory workers, and all those whose occupation is indoors in heated atmospheres in winter times, light-weight knitted wool is the ideal artificial coat of armor. For those mostly engaged outdoors, heavy wool is better.

Wear only what you need when you need it. Always remember that clothing which gives you physical comfort is hygienic. If a low neck dress, low shoes and thin underwear are perfectly comfortable under the conditions of your life, then do not change them. The less you wear and remain comfortable the better for your health.

A one or two minute cold plunge after arising, or the person who can stand this procedure, is a means of bringing a radical glow to the skin. Vigorous exercise tones up the muscles and brings into rapid circulation the human life stream when you hesitate to get out of your warm bed covers on a chilly morning.

The best underwear really is the cheapest and least enduring. The most hygienic and healthful sort is that which soon wears out. It is undeniably superior to the most expensive, cumbersome, burdensome and ponderous sort. Underwear that lasts too long a time, if it could be made as cheaply and thrown away as easily as paper dollies, paper cups, paper napkins or paper handkerchiefs, it would be all the better for your health and happiness.

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Granulated, Dainty Lumps, Powdered, Confectioners.

AMUSEMENTS

BELASCO Tonight, 8:20. Nov. 22, 8:20. Nov. 23, 8:20. Nov. 24, 8:20. Nov. 25, 8:20. Nov. 26, 8:20. Nov. 27, 8:20. Nov. 28, 8:20. Nov. 29, 8:20. Nov. 30, 8:20. Dec. 1, 8:20. Dec. 2, 8:20. Dec. 3, 8:20. Dec. 4, 8:20. Dec. 5, 8:20. Dec. 6, 8:20. Dec. 7, 8:20. Dec. 8, 8:20. Dec. 9, 8:20. Dec. 10, 8:20. Dec. 11, 8:20. Dec. 12, 8:20. Dec. 13, 8:20. Dec. 14, 8:20. Dec. 15, 8:20. Dec. 16, 8:20. Dec. 17, 8:20. Dec. 18, 8:20. Dec. 19, 8:20. Dec. 20, 8:20. Dec. 21, 8:20. Dec. 22, 8:20. Dec. 23, 8:20. Dec. 24, 8:20. Dec. 25, 8:20. Dec. 26, 8:20. Dec. 27, 8:20. Dec. 28, 8:20. Dec. 29, 8:20. Dec. 30, 8:20. Dec. 31, 8:20.

POSITIVELY LAST APPEARANCE

TONIGHT

MR. E. H. SOTHERN

IN "IF I WERE KING"

In Aid of the British Red Cross

Thurs., Fri., Sat., Next Week.

CLIFTON CRAWFORD

IN

"HER SOLDIER BOY"

With John Charles Thomas, Beth Lyd, Adelle Rowland.

Biggest Musical Hit of the Year.

ERNEST SCHELLING

AMERICA'S OWN Master Pianist

RECEIVED

Thursday, Nov. 23, 4:30 P. M.

Prices, 25c, 50c, \$1.00, \$1.50, \$2.00, \$2.50, \$3.00, \$3.50, \$4.00, \$4.50, \$5.00, \$5.50, \$6.00, \$6.50, \$7.00, \$7.50, \$8.00, \$8.50, \$9.00, \$9.50, \$10.00.

Box, 125. Seats on sale at Box Office.

DIAGHILEFF'S

BALLET Russe

With Nijinsky

From the Metropolitan Opera Co.

Orchestra, Seventy-five.

PIERRE MONTEUX, Conductor.

Belasco Theater—Three Evenings

Monday, Nov. 20—Sylphides, Princess Esch-

bach, Prince Igor, Caruso, Tuesday, Nov. 21—Papillons, Spectre de la Rose, Scherza-

sade. Wednesday, Nov. 22—Sylphides, Prince Igor, Caruso, Tuesday, Nov. 21—Papillons, Spectre de la Rose, Scherza-

sade. Thursday, Nov. 23—Sylphides, Prince Igor, Caruso, Tuesday, Nov. 21—Papillons, Spectre de la Rose, Scherza-

sade. Friday, Nov. 24—Sylphides, Prince Igor, Caruso, Tuesday, Nov. 21—Papillons, Spectre de la Rose, Scherza-

sade. Saturday, Nov. 25—Sylphides, Prince Igor, Caruso, Tuesday, Nov. 21—Papillons, Spectre de la Rose, Scherza-

sade. Sunday, Nov. 26—Sylphides, Prince Igor, Caruso, Tuesday, Nov. 21—Papillons, Spectre de la Rose, Scherza-

sade. Monday, Nov. 27—Sylphides, Prince Igor, Caruso, Tuesday, Nov. 21—Papillons, Spectre de la Rose, Scherza-

sade. Tuesday, Nov. 28—Sylphides, Prince Igor, Caruso, Tuesday, Nov. 21—Papillons, Spectre de la Rose, Scherza-

sade. Wednesday, Nov. 29—Sylphides, Prince Igor, Caruso, Tuesday, Nov. 21—Papillons, Spectre de la Rose, Scherza-

sade. Thursday, Nov. 30—Sylphides, Prince Igor, Caruso, Tuesday, Nov. 21—Papillons, Spectre de la Rose, Scherza-

sade. Friday, Dec. 1—Sylphides, Prince Igor, Caruso, Tuesday, Nov. 21—Papillons, Spectre de la Rose, Scherza-

sade. Saturday, Dec. 2